

Pope High School



Swimming & Diving

Team Handbook
2010 – 2011



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 - * this must be signed by athlete and parent before the athlete may participate in practice or meets.

October 2010

Dear Swimmers and Parents!

Welcome 2010-2011 Pope Swim & Dive Team,

It's that time of year again to make a SPLASH in Cobb County!

Coach Haon, Coach Schweer, Coach Hoover and the Booster Club have been working extremely hard to make this the best season ever for the Pope Swimming and Diving Team.

We are a very enthusiastic group of parents who wish to promote team spirit, team unity and fun. In addition, we encourage all parents to get involved by volunteering.

Your Booster Club board members are:

President – Fran Neumeister

Treasurer – Pat McMillen

Secretary – Janice Wetter

We look forward to a wonderful and exciting season.

GO POPE!!!!!!!!!!

GO GREYHOUNDS!!!!!!!!!!



BOOSTER CLUB OFFICERS 2010 - 2011

President	Fran Neumeister	fneume@comcast.net
Treasurer	Pat McMillen	patmcmillen@yahoo.com
Secretary	Janice Wetter	Janice.wetter@allpointsmgt.com

Committee Chairs

Diving Representative	Mrs. Pursley
Fundraising Committee	
Apparel	Pam Bradbury
Banquet	Thomas Holst
Seniors	
Swim Meet Coordinator	
Trip Coordinator	Sonja Allers
Website Manager	Chris Haon

BOOSTER CLUB MEETING DATES: See www.popeswimteam.com for future dates

BOOSTER CLUB MEMBERSHIP

As the parents of a Pope Swimmer/Diver, you are invited to be active members in the Pope Swim and Dive Booster Club. By doing so, you will be sharing in the responsibilities and ensuring the quality of experience for all our Swimming Greyhound athletes. Pope High School athletic programs do not operate under an “umbrella” booster club program. Each sports program is financially independent on parental involvement and support. This support and involvement is absolutely necessary if we are to meet the needs for all swimmers and divers regarding finances, and we are to man the task forces at all meets, team functions, activities, fund-raisers, etc.

In essence, the booster club exists solely to support all the athletes, coaches, and the high school in all their activities in every way possible. There is no doubt that our student/athletes will be happier and more successful when parents, coaches, athletes, and community work together. Your involvement is very important and will make our team and your child’s experience a success. The Pope Swim and Dive Team will achieve goals and success because they will become interdependent—Our booster club is based on the same principle: we are stronger together. Our success depends upon our support of the program and each other. We welcome you to plan on becoming an ACTIVE member of the Pope Swim and Dive Booster Club!

TEAM FEES

REGISTRATION FEES

Swimmers and Divers are required to pay a \$125.00 team registration fee. Team Managers are required to pay a \$125.00 team registration fee. This fee is due upon registration or before October 31, 2010. Checks are payable to Pope Swim and Dive Booster Club. This fee covers meet entry fees, supplies and other operation costs.

WATER FEES

- Athletes participating as full-time USS swimming or diving program during the high school season will not be charged the water fee.

- Swimmers' water fee is \$100.00 for the season. This fee is due upon registration or before October 31, 2010.

- Divers' water fee is \$100.00 for the entire season. This fee is due upon registration or before Oct. 31, 2010.

REFUND POLICY

- A refund of the registration fee will only be issued to the swimmer or diver if Coach Haon is notified prior to November 1, 2010 in writing. This does not include email.

- A refund of 50% of registration fee will be issued to the swimmer or diver if Coach Haon is notified in writing prior to November 15, 2010. This does not include email.

- No refund will be issued to any swimmer or diver after the November 16, 2010 date. All water, registration fees and merchandise fees are non refundable.

Pope Swim and Dive Team Coaches

Head Coach	Chris Haon	Cell (404)966-1335 Chris.haon@cobbk12.org
Asst. Coaches	Zach Schweer Chad Hoover	zachary.schweer@cobbk12.org chad.hoover@cobbk12.org

Head Coach: Chris Haon

This is Coach Haon's fourth season with the Greyhounds. Before his time with the Hounds he has served as Co-Head Coach of the McEachern Indians. His swimming background includes swimming and coaching summer league, swimming USS and college. He was a walk-on at Auburn University where the Tigers won 2 National Championships and 5 Southeastern Conference Championships. He was a butterfly and freestyle specialist swimming the 100 and 200 fly as well as freestyle and medley relays. He is married to the former Leslie Williams and resides in East Cobb where they are raising their 4 ½ year old son, Preston and . Coach Haon teaches 3rd Grade at Murdock Elementary. In his spare time he enjoys woodworking, gardening and spending as much time as he can with his son.

Asst. Coach: Zachary Schreer

This will be Coach Schreer's second season with the Greyhounds. Coach Schreer was an Academic All-American swimmer for Osborne High who swam year round with the Stingray's. He was a distance freestyle and backstroke specialist. He holds a bachelor's degree in economics from Georgia Tech and a Master's degree from Kennesaw State in math education. While at Tech, he was a member of the Georgia Tech Swim Club and held 4 individual team records. He spent the previous 2 seasons as the Head Middle School swimming coach and Varsity Men's assistant coach at Woodward Academy. He has also coached summer league teams in both Cobb and Dekalb for the past 8 years. Coach Schreer is a new math teacher at Pope and also assists with the water polo club team there.

STUDENT INFORMATION

ELIGIBILITY

Each student playing on an athletic team at Pope High School must be eligible under the conditions set forth by the Georgia High School Association. The primary requirements for eligibility are as follows:

RESIDENCY

Must reside within the school's desired attendance zone with a custodial parent or guardian and have not previously attended another high school (public or private) while living in the attendance zone.

AGE

Must not have attained the 19th birthday prior to May 1 proceeding the year of participation.

MEDICAL

Must satisfy medical clearance procedures including an annual physical exam/medical history, proof of insurance, consent form.

ACADEMICS

The number one purpose and objective of every student/athlete should be to achieve a high academic standard. Swimming and Diving will NOT be allowed to interfere with this objective. Students must pass three out of four courses the previous semester and be "on track" towards graduation. Any student with failing grades when 6 to 12 week progress reports come out will be subject to team suspension until improvement in academics is shown.

ATTENDANCE

Student-Athletes will not be able to compete in practice or meets if they have not attended school for at least half a day (two full class periods).

MISCONDUCT

Any form of classroom or school misconduct will not be tolerated. Listed below are possible infractions and their punishments. Other infractions may result in suspension or removal from the team.

Progress Reports - Any student receiving a "U" or "N" in conduct will be subject to probation until improvement is shown.

ISS (In School Suspension) – Students placed in ISS cannot participate in practice or meets until the suspension is served in its entirety. Students will also be subject to team probation or suspension depending on the severity of the infraction.

OSS (Out of School Suspension) – Student will be subject to suspension or removal from the team. The coaching staff will determine time period.



BOARD ADMINISTRATIVE RULE

[Return to "J" Section](#)

Student Conduct: Interscholastic/Extracurricular Activities	JICDD	<u>4/14/10</u>
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RATIONALE/OBJECTIVE:

Participation in interscholastic/extracurricular (extracurricular) activities in Cobb County School District (District) schools is a privilege. Students participating in these activities are considered to be school leaders. They are role models who represent their school and more importantly, depict its character. With leadership comes additional responsibility and student participants must adhere to high standards of conduct. When students violate these high standards, the District may withdraw the privilege to participate in interscholastic/extracurricular activities. The purpose of this code of conduct is to establish a minimum expectation of behavior.

RULE:

A. PROCEDURES:

1. Time in Effect:

Except as specifically provided, the following behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds.

2. **Parents/guardians and/or students must report any arrest of a student or behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior.**

The two week time frame includes weekends, school holidays and summer vacation. Failure to report arrest or behavior will result in the student's consequences for the behavior in question being doubled and possible additional consequences for failure to report the behavior.

3. Provisions:

- a. Sponsors/Coaches should investigate policy violations and report to the school administration. The Principal or designee should make all determinations of penalties, in consultation with the coaches, sponsors and the District Athletic Director, as appropriate.
- b. Unless otherwise specified, periods of suspension from activities does not include preseason workouts and other preseason activities. Such student's ability to participate in preseason activities will be determined by the Principal or designee in consultation with the coach. During the student's period of suspension the student cannot have contact with the team during any team activities.
- c. Students cannot attempt to evade the intent of the Rule by joining a new sport specifically to allow their suspension days to run their course. If a student athlete participates in a sport that he/she had not been previously involved with, he/she must complete the season of the new sport in good standing in order for the suspension days to count.
- d. Transferring from one District school to another does not relieve the student from the consequences for a violation of this rule. Should a student choose to transfer outside of the District, the designated school administrator or the school athletic director will contact the new school to inform them of the violation and the resulting penalty. The District may also honor the activity consequences from other private or public school systems.

4. Notification:

a. Elementary/Middle Schools:

In addition to providing students with copies of Administrative [Rule JICDA-E](#) (Student Code of Conduct [Elementary]) or [JICDA-M](#) (Student Code of Conduct [Middle School]), elementary and middle schools should make participants in extracurricular activities aware of this Administrative Rule.

b. **High Schools:**

In addition to providing students with copies of Administrative [Rule JICDA-H](#) (Student Code of Conduct [High School]), each high school should provide written notification of this Administrative Rule to all participants in extracurricular activities.

B. ALCOHOL/ILLEGAL DRUGS/INHALANTS:

The District believes very strongly that using/possessing over the counter drugs or products to get high; using/possessing alcohol; using/possessing illegal drugs; or using/possessing prescription drugs in an unauthorized manner at any time is a serious offense. Such use or possession by extracurricular participants is banned. **All misdemeanor driving under the influence (DUI) offenses will be dealt with according to this section. All felony DUI offenses will be dealt with under Section D, below. Offenses are cumulative at the high school level.**

• **1st Offense:**

- Suspension from extracurricular activities, including practice and regular season, a **minimum** twenty-five (25) calendar days; plus
- Suspension from a **minimum** of 30% of the regular season contests/performances; plus
- Enrollment in the Gaining Results in Intervention and Prevention Program (GRIP) or comparable alcohol/other drug education program.
- The first offense suspension will begin on the GHSA start date for the next season with which the recognized athlete is affiliated.
- If the student has not completed his suspension at the end of the season, the remaining days will be completed at the beginning of the next affiliated GHSA activity.

• **2nd Offense:**

Suspension from extracurricular activities for a **minimum** of one calendar year. The student will not be permitted to participate in preseason activities or practice.

• **3rd Offense:**

Permanent suspension from extracurricular activities, including preseason activities and practices.

C. TOBACCO [IN-SEASON USE]:

• **1st Offense:**

Suspension from all extracurricular activities for two (2) school days.

• **2nd Offense:**

Suspension from all extracurricular activities for five (5) school days and must sit out 10% of games/matches/performances/competitions.

• **3rd Offense:**

Suspension from all extracurricular activities for ten (10) school days and must sit out 20% of games/matches/performances/competitions.

• **4th Offense:**

Suspension from all extracurricular activities for ninety (90) calendar days.

D. FELONY:

1. **Guidelines:**

- a. A student who is arrested for, or charged with a felony or charged with an act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic/extracurricular activities;
- b. Students will not be permitted to participate in preseason activities;
- c. **DUI:**
All felony DUI offenses will be dealt with according to this section.

2. **Duration:**

- a. The student shall remain suspended from extracurricular activities until:
 - (1) The charges are completely dismissed;
 - (2) The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined in Section E, below, or Section B, for alcohol offenses;
 - (3) The student is found not guilty; or
 - (4) The student serves his consequences as outlined below.
- b. Once the student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion, the student may be permitted to participate in extracurricular activities. Evidence that the probation period has expired, fines have been paid and/or community service has been completed is required.
- c. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a

“first offender” action, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter. **These circumstances may not be sufficient to lift the student’s consequences.**

E. MISDEMEANORS:

1. A student who is arrested for, charged with, or found guilty of a misdemeanor shall receive consequences as outlined below. However, minor offenses that result in fines alone may be dealt with as a violation of Section F(7) below.
 - **1st and Subsequent Offenses:**
Minimum suspension from extracurricular activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities.
2. **Drug/Alcohol/DUI:**
Any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as outlined in Section B above.
3. If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student’s record, treated as a “first offender” action, or the behavior has not been prosecuted (nolle prosequi), that student should present or obtain documentation as required by the school to determine the circumstances of the matter.
These circumstances may not be sufficient to lift the student’s consequences.

F. OTHER OFFENSES:

A student who commits the following offenses may be suspended or permanently dismissed from the team or activity. The head coach in conjunction with the school administration will determine consequences for the following:

1. **Hazing:**
School clubs and student organizations shall not use hazing or degradation of individual dignity (Administrative [Rule JJ](#) [Student Activities: School Clubs/Organizations and Student Organizations]);
2. Missing practice, rehearsal or activities (unless excused by the coach, teacher, or sponsor);
3. Truancy and/or skipping classes;
4. Acting in an unsportsmanlike manner when representing the school;
5. Violating curfew as established by the coach;

6. Any act at school or away from school, which results in any discipline by school administration; or
7. Any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity

Adopted: 9/28/00; 8/11/04
Reclassified an Administrative Rule: 9/1/04
Revised: 8/10/05; 6/10/09; **4/14/10**

COMMUNICATIONS

It is the coaching staff's philosophy that, at the varsity level of athletics, athletes must be dedicated, responsible, dependable and accountable. Most communication takes place between the athlete and the coach at the practice site, team meetings, and at competitions. Athletes are expected to be 100% involved at all times. They are responsible for ALL team information. We are fully aware of the possible breakdown of communication from coach to athlete, and furthermore, from the athlete to parent! Help us hold athletes accountable and remind them to use their most common resources on a regular basis.

- The coaches

- Team meetings

- Daily school announcements

- Team bulletin board (located across from old PPO)

- Team website(news and downloads section)

- Athletes are responsible for all information provided by the above sources.

** If you are not receiving team emails please notify a coach immediately!!

TEAM UNIFORMS

Mandatory uniforms for all athletes are:

- Pope swimsuit, obtained through Kast-a-way Swimwear

- Pope swim cap. (Varsity will receive names on their caps)

- T-shirts (long and short sleeved) (provided by the booster club)

Optional uniforms for all athletes include:

- Team Warm-Ups (strongly encouraged to purchase)

- Hoodie Sweatshirts and Sweatpants

- Drag Suits

- Swim bags

- Fins

All items identified with the Pope Swim and Dive Team Logo.

Parent shirts will also be available!

Non-USS Swimmers

Swimming

You have an opportunity to swim up to 5 practices a week and participate in 2 dryland practices a week. In order to swim meets and to letter you must attend at least four (4) of the practices every week. The more practices you attend the better you and your team will be.

All Swimming practices are held at the Mountain View Aquatic Center. Parents must make arrangements to ensure their child has a means of getting to and from practice.

This is usually done through carpooling with other parents, arranging with upperclassmen for a ride, or by allowing them to drive themselves. Keep in mind, being on swim team does not guarantee a parking spot at the school.

Swimmers are expected to attend all scheduled practices. **Excessive absences from practice will result in a swimmer/diver losing his or her varsity letter or being dropped from the team entirely.** An absence from practice will only be excuse when the absence is the result of illness or family emergency that results in an absence from school. If a swimmer attended school, he/she is expected to be at practice, unless he/she notifies a member of the Coaching Staff prior to leaving school for the day.

Since we have to rent our practice time and time is limited, it is very important that swimmers are at practice on time and prepared to get into the water immediately. Every swimmer should arrive at the pool at least 15 minutes before the beginning of practice in order to get stretched and be ready to jump in the water for warm-ups at the beginning of practice. Chronic tardies to practice will result in disciplinary action, including possible dismissal from the team.

After practices, those swimmers who are being picked up by a parent should ensure that their parents are there on time to pick them up. Those swimmers that are being picked up by their parents should wait for their parents at the entrance of the building. Parents who are picking up their children should be waiting for them at the end of practice. Since we practice in the winter, it is very cold and wet and not good for swimmers to have to wait for their parents to pick them up. It is the parents' responsibility for picking up swimmers after practice.

USS Swimmers

For all swimmers and divers who are currently on a USS team, you will have to participate with your club team for at least four practices a week. If your team only practices three days then you will be expected to make at least one of Pope's practices. This will get your four practices.

All USS swimmers are encouraged to make at least one Pope practice a week. However, due to some of the intense training programs it is understood that this may be impossible.

Divers

Diving practices are held at the East Cobb Swim & Tennis. Since we are only allowed a limited number of divers at each practice, USD divers will only be required to attend high school practices when requested (such as to decide which dives to use for a particular meet). Diving Practice for Non USA Divers is as follows Tues & Weds 7:00 – 9:00 p.m. and Friday 5:00 – 6:00 p.m.

Mandatory Meetings USS and Non-USS

Mandatory Team Meetings will be held one afternoon each month immediately following school. These dates will be posted on the team website and team bulletin board as well as the team calendar.

Pope Swim and Dive Team Transportation

Parents or athletes must provide their own transportation to and from practice. Parents are responsible for arranging the transportation of their swimmer(s) to and from practice. With cooperation and parental support, car pools may be arranged for the convenience of all concerned parties. Coaches cannot provide transportation for athletes.

The three (3) Cobb Aquatic Centers are considered our home meet sites. Parents are responsible for making sure that their student athlete has a safe means of transportation to these meets.

Cobb County will provide bus transportation to away meet sites.

When transportation is provided for away meets, all swimmers/divers must ride on the bus to and from the meet. The bus time is used to finalize any meet entries and make changes if possible. Students may not leave the meet early with a parent. They are expected to ride the bus back with the rest of their team to the school.

Pope Swim and Dive Team Team Expectations

Each swimmer and diver is expected to contribute to the Pope Swimming and Diving program by demonstrating the following:

I. Dedication and commitment to the Pope Swim and Dive Team program

Practice

Swimmers – All swimmers are expected to:

- Attend and participate in all of their scheduled pool practices. Athletes will be allowed to miss 2 practices during the course of the season, which may be used at their discretion.
- Any swimmer who chooses to participate in a full time USA Swimming program during the high school season is expected to participate in all of the team meetings. The same attendance rules mentioned above apply to these swimmers. To be considered a full time USA swimmer you must attend a total of four swimming practices per week (including high school)

Divers – All divers are expected to:

- Attend all scheduled diving practices or club team pool practices after school. Athletes will be allowed to miss 10% of practices, which may be used at their discretion. When an athlete's attendance falls below 90% they will be subject to suspension, forfeiture of letter, or dismissal from the team.
- To be considered a full-time club diver you must attend at least two diving practices per week with your club team.

Any athlete missing practice for ANY reason must notify the coach prior to the practice. Three tardies or early leaves or any combination of the two will count as one unexcused absence.

MEETS

All team members are required to attend and participate in all meets. Failure to participate in a meet or in your events may result in meet suspension, forfeiture of letter, or removal from the team. If there is a scheduling conflict with another GHSA/ Pope High School event or a scheduled USA swim meet, then a Swim Meet Absentee Form must be filled out and turned in to the head coach no less than 3 weeks in advance to be considered for an excused absence. No more than two meets per season will be considered for excused absences. County and State Championship meets will not be considered for excused absences.

1. High school swimming is a TEAM sport. All scheduled swimmers/divers are required to attend all meets for the duration of the meet
2. You are expected to attend all meets.
3. Swimmers who miss their assigned events or who chose not to swim (without the approval of the coach) can be suspended from participating in meets for a length of time to be determined by the coach.
4. Swimmers are not to swap or change events and or relays with other swimmers.
5. You are placed in events for a reason not as punishment. All swimmers will be expected to compete in a variety of events throughout the season. We will place you in events based on your personal input as well as the needs of the team.
6. Relays – stay with your relay team until entire relay is completed.
7. After completing each event swimmers will check in with the coaches. The coaching staff will critique each performance
8. You must check in with Coach Haon or Coach Schweer upon arriving at a meet.
9. Warm-ups at a meet are not optional (warm showers do not count.)
10. NO JEWELRY is to be worn during warm-ups or during the meet. Leave it at home!!!
11. Be sure to check the heat sheet, it is your responsibility to know when and where you are to be for a race. If you are a relay captain you are responsible for the rest of your relay team and making sure they are behind the block on time.
 - a. **All Anchor swimmers are considered relay captains.**

TEAM MEETINGS

Team meetings are required practices for all team members. Failure to attend a team meeting will count as one absence.

FUNDRAISING EVENTS

All team members are expected to attend and actively participate in all fundraising events. Fundraising is essential to the ongoing development and operations to the team.

II. SPORTSMANLIKE ATTITUDE ASSOCIATED WITH ALL POPE ACTIVITIES

Athletes are expected to:

- Display good citizenship and sportsmanship at all times regardless.
 - Whether at a football game or out at dinner with friends you are representative of Pope High School.
- Be a role model that others can look up to and emulate
- Accept leadership and be responsible for their behavior and actions.

III. TEAM ATTITUDE

Athletes are expected to:

- Be serious about practice and meets
- Have a positive attitude about practice and racing
- Encourage teammates at all times and be willing to challenge others on the team to train harder/smarter
- Give necessary appreciation for teammates and their accomplishments
- Demonstrate the belief that everyone is capable and worthy of “great things”
- NEVER make negative or derogatory comments regarding their school, team, teammates, or coaches anytime, anywhere.

IV. ASSIST IN MEETS

Athletes are expected to:

- Be a team player however and whenever called upon, whether swimming, diving, or cheering
- Understand their role in the development of the team and be willing to put the team before self when appropriate, and understand their responsibility to help the team succeed:
 1. Recruit for the team
 2. Swim events as needed for team success
 3. Recognize a weakness and be willing to make a commitment to improve upon it

V. FOLLOW ALL TRAINING RULES

Athletes are expected to demonstrate:

- Timeliness – be early or on time for all practices and meets
- Good Attendance – willingness to attend all team practices
- A good work ethic
- The willingness to try new training methods. Have an open mind; very few coaches do the exact training program so there is a good chance that your high school coach will ask you to try new things. Remember; variety is the spice of life!

VI. STRIVE FOR HIGH ACADEMIC STANDARDS

Athletes are expected to maintain eligibility to participate in athletics at Pope. They should demonstrate good time management skills and study habits, as well as meet with academic tutors and teachers outside of class time when needed.

VII. PROMOTE TEAM, SPORT, AND SCHOOL PRIDE

All athletes are expected to:

- Demonstrate pride of their school regardless of where they are
- Be positive about the Pope Swimming and Diving programs when talking to others
- Be a positive leader away from the pool. An athlete who is excited and looking forward to spring and summer training has their goals in order.

Every athlete has his or her own uniqueness to contribute to the team. The Pope program is interested in the quality of the athletes on the team. These athletes will be the future team representatives and will provide the leadership for the future of the program in and out of the pool for up to four years. The impact that they have on the success of the program will be felt for years to come.

Any violations of team policy, athletic code of conduct, or school policy as stated in the school handbook is subject to suspension or dismissal from the team when deemed necessary by the head coach. The student athlete who fails to complete the season in good standing with the school will forfeit any seasonal awards. All varsity letters are subject to the discretion of the Coaching Staff. The head coach reserves the right to review all swimming and diving letter winners and make all final decisions concerning the award of those letters.

NUTRITION

A very integral part of swimming and diving is a swimmers diet. As they say with computers garbage in, garbage out. You are what you eat. Ok you get the message. Although we are not with you 24 hours a day we ask that you follow a few simple nutritional guidelines.

Don'ts

- No carbonated beverages.
- Try to cut back on or eliminate high caffeine drinks such as coffee /espresso, etc
- Try to stay away from fast foods, high fat foods
- Stay away from “chips” such as Doritos, Cheeto’s, etc.
- No candy bars/candy/junk food

Do's

- Try to drink as much water/juices/etc as possible during the day.
- Try to eat high protein/carbohydrate foods.
 - Pasta
 - Breads
 - Vegetables/lean meats
- For snacks try cereals/fruits

Eat more salad but be careful of salad dressings!

PRACTICE GUIDELINES

The Coaching Staff will not tolerate cheating during practice. It hinders yours and others ability to train and improve. If you are caught cheating during practice (i.e. skipping sets, shaving laps, missing flip turns, not finishing to the wall, etc) the following punishments will be imposed.

1st Offense – you will be asked to exit the pool, leave practice and not receive credit for that practice as well as be placed on probation for the remainder of the season.

2nd Offense –you be asked to exit the pool, leave practice and will not receive credit for that practice and be suspended from the team for a period of 1 practice that can not be made up as well as loose your varsity letter if eligible.

3rd Offense – subject to dismissal from the team.

Behavior at Practice

- a. Since we practice at a Public Pool we must be on our best behavior at all times at the pool including but not limited to the locker rooms, common areas, pool deck, and parking lot.
- b. NO foul, vulgar or distasteful language at any time period! Remember we are in a public place where there will be small children and parents around at all times.
- c. Swimmers are to follow all posted pool rules at all times.
- d. Eating or drinking is only to take place in the common area. No food or drinks are allowed in the locker room or on the pool deck. Only water bottles are allowed on the pool deck. NO GLASS on pool deck or in locker room.
- e. No running on the pool deck.
- f. Do not interfere with guards or desk workers. They are at work and have a job to do.
- g. NO HORESPLAY on deck, in locker rooms, common areas, or parking lot.
- h. Follow directions of the guards at all times.
- i. Do not enter the water unless there is a coach present.
- j. Use a reasonable voice level while inside the pool area.
- k. Respect all equipment. No sitting on lane ropes, banging kickboards against starting blocks, etc.
- l. Mountain View Aquatic Center and the Coaching Staff are not responsible for your personal items while at the pool. Bring a lock and lock your things.
- m. Be sure to lock your car and do not leave valuables in plain view.
- n. At no time should you walk on or swim under the bulkhead.
- o. NEVER, EVER, hang on, sit on or step on the lane ropes.

Bus Behavior

- a. Remain seated at all times.
- b. Maintain a reasonable noise level
- c. Clean up after yourself and put all trash in the trashcan.
- d. Be responsible for your own items
- e. Do not throw any items from the bus.

LETTERING CRITERIA 2010– 2011

Lettering is a privilege and an honor, not a right. Not everyone who participates will earn a varsity letter. In addition to the criteria below your attitude throughout the season will be taken into account. Regardless of the posted lettering criteria the head coach reserves the right to award or deny a varsity letter to any student/athlete.

SWIMMERS

A swimmer must be an eligible team member in good standing for the entire season and meet three of the four following criteria:

1. Meet or exceed team expectations as set forth by the coach in the team handbook.
2. Meet attendance requirements for practice, meetings, and meets:
 - a) Practice – at least five (5) of the practices every week
 - b) Meetings – all meetings are required for all team members
 - c) Meets – attend all meets you scheduled for.
3. Must participate in all meets (not counting State unless a State Qualifier). If an athlete in good standing is not entered in a meet due to entry restrictions, this will not be held against the athlete.
4. Must qualify in at least one (1) of the following:
 - a) Qualify for the State Meet (relay events included)
 - b) Meet lettering time qualifications. These apply to individual events only.
 - c) Has been a team member in good standing for 3 full seasons.

DIVERS

A diver must be an eligible team member in good standing for the entire season and meet three of the four following criteria:

1. Meet or exceed team expectations as set forth by the coach in the team handbook.
2. Meet attendance requirements for practice, meetings, and meets:
 - d) Practice – all athletes must attend at least 90% of scheduled swimming practices
 - e) Meetings – all meetings are required for all team members
 - f) Meets – are required unless athlete is excused by the head coach (*see process for consideration to not attend a meet in handbook).
3. Must participate in all meets (not counting State unless a State Qualifier). If an athlete in good standing is not entered in a meet due to entry restrictions, this will not be held against the athlete.

4. Must qualify in at least one (1) of the following:
 - a. Qualify for State Meet.
 - b. Perform ten (10) dives, five (5) optional and five (5) required.
 - c. Earn at least one (1) point at the County Championships.
 - d. Been a team member in good standing for 3 full seasons.
 - e. Must participate in a community service activity for the team.

MANAGERS

A manager must be an eligible team member in good standing for the entire season and meet four of the five following criteria:

1. Meet or exceed team expectations as set forth by the coach in the team handbook.
2. Attend all scheduled practices (as pre-arranged by the coach), meetings, and meets.
3. Attend and assist at all meets for the entire meet.
4. Demonstrate willingness to assist the coach and team when needed.
5. Make a “community service” contribution to the team.

TIME STANDARDS

Swimming			Adjusted Times for		
<u>State Qualifying Times</u>			<u>Earning a Letter</u>		
BOYS	GIRLS	EVENT	BOYS	GIRLS	
1:52.00	2:08.00	200 yard Medley Relay		-----	-----
1:56.00	2:08.50	200 yard Freestyle	2:05.00		2:14.00
2:12.00	2:24.00	200 yard Individual Medley	2:20.00		2:35.00
0:23.50	0:26.50	50 yard Freestyle	0:26.40		0:28.70
0:58.00	1:05.00	100 yard Butterfly	1:04.75		1:13.15
0:52.00	0:58.50	100 yard Freestyle	0:59.80		1:04.75
5:20.00	5:40.00	500 yard Freestyle	6:08.00		6:31.00
1:41.50	1:54.00	200 yard Freestyle Relay	-----		-----
1:00.00	1:06.00	100 yard Backstroke	1:08.43		1:15.90
1:08.50	1:16.00	100 yard Breaststroke	1:19.35		1:24.40
3:46.00	4:14.00	400 yard Freestyle Relay	-----		-----

State Diving Qualifying Standards for six (6) dives:

	BOYS	GIRLS
Optional Degree of Difficulty	11.80	11.30
Points	190.00	175.00

State Diving Qualifying Standards for eleven (11) dives:

	BOYS	GIRLS
Optional Degree of Difficulty	12.00	11.50
Points	270.00	270.00

**Pope Swim and Dive Team
Team Records**

All-American Listing

The top 130 performances in each event will be recognized as All-American.

The Public and Independent schools will be merged into this one listing of 130 performances.

BOYS	BOYS	EVENT	GIRLS	GIRLS
Automatic	Consideration		Automatic	Consideration
1:37.88	1:39.05	200 Yd. Medley Relay	1:49.63	1:51.18
1:42.27	1:44.50	200 Yd. Freestyle	1:51.88	1:53.36
1:54.66	1:56.20	200 Yd. Individual Medley	2:06.22	2:07.96
21.29	21.55	50 Yd. Freestyle	23.92	24.19
51.02	51.91	100 Yd. Butterfly	56.94	57.71
46.65	47.18	100 Yd. Freestyle	51.86	52.46
4:37.30	4:41.04	500 Yd. Freestyle	4:58.96	5:03.16
1:27.47	1:28.60	200 Yd. Freestyle Relay	1:38.66	1:39.96
52.29	53.24	100 Yd. Backstroke	57.76	58.73
58.74	59.66	100 Yd. Breaststroke	1:05.53	1:06.52
3:12.50	3:14.74	400 Yd. Freestyle Relay	3:34.49	3:37.34
390.00	Points	Diving	Points	375.00
13.8	D.D.		D.D.	13.3

Please check the team website for the most current meet schedule!!!!!!

<http://www.popeswimteam.com>

Pope Swimming 101

We expect you to....

- Take the harder route. Walk - don't drive, stairs - no elevator.
- Lead your lane at least once a week.
- If possible, stay after practice to work on details.
- Do extra warm-down if you need it.
- Learn when possible from the most knowledgeable source, BUT LEARN!... then TEACH!
- Improve all four strokes... all year long.
- Don't be satisfied with your technique---there is always something to learn.
- Practice relay exchanges all year long.
- Maximize distance per stroke.
- Turns every time in practice!!!!
- Streamline, streamline, streamline.....
- Don't be the last one in the door or in the pool more than once.
- Get out of the pool like an athlete.
- Have and USE your water bottle, stay hydrated.
- Leave our area better than when we got there.
- Be proud to be a Pope Greyhound!!!

Pope High School Student Athlete Expectations

Student-athletes at Pope must remember that they are always representing Pope High School. Student-athletes will be held to a very high standard in the way they perform in the classroom, how they carry themselves in the community and how they interact with others.

Pope High School Student-Athletes will:

- 👁 Remember that playing sports at Pope is a privilege
- 👁 Put academic performance ahead of athletic performance
- 👁 Follow all the rules and Codes of Conduct set in place by the Cobb County School District, Pope High School, the Georgia High School Association or their individual teams and coaches.
- 👁 Never engage in behavior on or off the field that reflects poorly on their school, their community, their family, their team or themselves.
- 👁 Remain drug and alcohol free
- 👁 Not take any items that do not belong to them
- 👁 Turn in a completed physical form to the head coach of his or her sport in a timely manner
- 👁 Have regular and punctual attendance to school, all classes, practices, games and any other team or school functions.
- 👁 Take care of all school equipment
- 👁 Keep all belongings secure
- 👁 Keep any and all personal spaces clean and organized
- 👁 Report all injuries accurately to coaches and trainers
- 👁 Support their teammates and remember his or her obligations to them
- 👁 Know that playing time is not guaranteed and is solely the decision of the coach

During any In-School or Out of School Suspensions, Pope High School student athletes may not participate in any athletic activity including games, practices, scrimmages and banquets.

Disciplinary Consequences

All Pope High School student athletes should be familiar with Cobb County School District Administrative Rule JJICA (see attached). Pope High School will follow all Cobb County Administrative Rules regarding student conduct and participation in extracurricular activities.

In addition, each team has established a set of rules and disciplinary consequences for infractions of these rules. The Pope High School Administration supports the development and implementation of behavior rules for each team.

Each Pope High School student athletes will have on file with their coach a copy of these rules and expectations with their signature and the signature of his or her parents or guardians.

What to watch at a swimming and diving meet!

Welcome to the world of competitive swimming and diving. The following guide will introduce you to the ins and outs of high school swimming and diving.

The Racing Course

The pool is typically 25 yards by 6 to 10 lanes with starting blocks at either end. The depth of the water can range from at a minimum of 36 inches to up to 9 feet deep. The diving well can range from 9 feet in depth up to 21 feet in depth depending on the height of the diving apparatus. Typically a pool will have at least one 1-meter springboard and one 3-meter springboard. Pools with platform diving include a 1, 3, 5, 7.5 and 10-meter platforms. Platform diving is typically found in college and Olympic diving programs. The front edge of the starting blocks should be at least 30 inches above the surface of the water, and the temperature should be between 65 and 75 degree's Fahrenheit.

Freestyle Events

In a freestyle event, competitors may swim any stroke they wish, the usual stroke being the Australian crawl, characterized by the alternate overhand motion.

Backstroke Events

In backstroke, swimmers must stay on their backs except during turns. The stroke is an alternating motion of the arms. Rules allow a swimmer to turn over and a flip turn as in freestyle, before touching each wall with their feet.

Breaststroke Events

Perhaps one of the most difficult strokes to master, the breaststroke requires simultaneous movements of the arms on the same upward plane. The hands are pushed forward from the breastbone on or under the surface of the water and brought backward in the propulsive stage of the stroke simultaneously. The kick is a simultaneous thrust of the legs. No flutter or dolphin kicking is allowed. At each turn the swimmer must touch with both hands in parallel at the same time.

Butterfly Events

The most beautiful and physically demanding stroke, the butterfly features the simultaneous overhead stroke of the arms combined with the dolphin kick. The Dolphin kick features both legs moving up and down together. No flutter kicking is allowed.

Individual Medley Events

The individual medley commonly known as the I.M. features all four competitive strokes. The swimmer begins with butterfly, then backstroke, then breaststroke then freestyle. In high school both men and women compete in the 200 IM.

Medley Relay

In the medley relay different swimmers swim all four strokes. The relay begins with backstroke, then breaststroke, then butterfly then freestyle. In high school both men and women compete in the 200 Medley Relay.

Freestyle Relay

There are two freestyle relays that compete over 200 and 400 yards. Four swimmers swim a quarter of the total distance.

Starts and Turns

In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are down and still. Each swimmer must have at least one foot at the front of the block. Once the starter is satisfied, the race is started by gun or electronic tone. If the starter feels that one of the swimmers has jumped early, the race will be recalled and the offending swimmer will be disqualified.

Quick turns are essential to a good race. In all events, the swimmer must touch the wall. In the freestyle and backstroke, the swimmer may somersault as he/she reaches the wall, touching only with their feet. In the other two competitive events the swimmer must touch the wall with both hands evenly before executing the turn.

Strategies

The sprint races (50 or 100 yards) are an all-out effort from start to finish. The 200-yard events require a sense of pace as well as the ability to swim a controlled sprint. The distance event (500 yards) usually are swum holding the same pace evenly throughout the race or negatively split.

Diving

In high school swimming, diving is considered an event. There are both 6 and 11 dive meets. Most dual meets will have 6 dives. Most championship meets including state require 11 dives.

The Events

In high school swimming student/athletes participate in the following events. In Georgia men's events precede the women's. At some meets where diving boards are not present, diving is dropped from the events, or if the coaches agree in advance diving may be dropped from a meet to shorten the length of the meet

- | | |
|-------------------------------|---------------------------------|
| 1. Men's 200 Medley Relay | 2. Women's 200 Medley Relay |
| 3. Men's 200 Freestyle | 4. Women's 200 Freestyle |
| 5. Men's 200 I.M. | 6. Women's 200 I.M. |
| 7. Men's 50 Freestyle | 8. Women's 50 Freestyle |
| 9. Men's 1 meter Diving | 10. Women's 1 meter Diving |
| 11. Men's 100 Butterfly | 12. Women's 100 Butterfly |
| 13. Men's 100 Freestyle | 14. Women's 100 Freestyle |
| 15. Men's 500 Freestyle | 16. Women's 500 Freestyle |
| 17. Men's 200 Freestyle Relay | 18. Women's 200 Freestyle Relay |
| 19. Men's 100 Backstroke | 20. Women's 100 Backstroke |
| 21. Men's 100 Breaststroke | 22. Women's 100 Breaststroke |
| 23. Men's 400 Freestyle Relay | 24. Women's 400 Freestyle Relay |

Pope Swimming

Receipt of Pope High School Swimming and Diving Handbook

By signing below I affirm that:

1. I have downloaded my copy of the 2010 – 2011 Pope Swimming and Diving Handbook.
2. I have received a copy of CCSD Board Policy JICDD.
3. I understand I am responsible for all rules, policies and regulations contained in the Handbook.
4. I have read and understand ALL consequences to said rules, regulations and policies.
5. I also have read and understand the lettering policy.

Student/Athlete Print Name _____

Student/Athlete Signature _____

Parent Signature _____